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# GOOD TEETH

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By L T SHEFFIELD D M D

B F ALLEN COMPANY

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New York

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# GOOD TEETH

## DECAY

Strange as it may seem,  
the cause of decay of the  
teeth was unknown till a  
few years ago. It is nothing  
more or less than lactic acid.

Where does it come from?  
Is there a way to avoid it?

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## GERMS

They are in the mouth, and always will be ; we can't do anything with them. They are probably useful in some way unknown ; it may never be known.

They do this mischief, however. Their food or soil (whichever we ought to call it) is sugar and starch. They turn both sugar and starch into lactic acid ; and lactic

acid eats the lime of which teeth are made.

And this is decay.

#### HOW

Sugar and starch get between the teeth, into cracks crevices nooks and corners, and stay there.

The germs are always ready. Lactic acid is formed whenever the starch and sugar stay there long enough to give the germs a chance.

## REMEDY

Keep the teeth clean.

## DENTIFRICE

The use of a dentifrice is to clean the teeth. Twice a day is often enough.

## WHAT DENTIFRICE

Whatever will clean the teeth and do no harm.

Chalk is the polishing part,

soap and water the washing part, glycerine to cut the tartar, a little flavor to make the duty agreeable.

SHEFFIELD'S CRÈME  
DENTIFRICE

Paste is the pleasantest form; the collapsible tube is the handiest package; and mine is the only paste that keeps soft and does not burst the tube.

## RULES

Brush the teeth on going to bed, and again on getting up in the morning.

You can no more clean the teeth without dentifrice than you can clean your hands without soap.

Medium-soft brush, not so stiff as to hurt the gums.

Warm water is better than cold or hot; and rinse the mouth.



Floss-silk is essential, and toothpicks are useful, where the teeth are at all crowded.

#### DENTIST

Where a tooth has begun to decay, you cannot clean it, you cannot stop the decay; you must go to a dentist.

#### TARTAR

There is no way to take it off the teeth but the dentist's tool.

The dentifrice may or  
may not keep it off.

If you are not within reach of  
a druggist, write to B F Allen  
Company, 365 Canal street New  
York, who will send the denti-  
frice by mail; 25 cents.

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